# Onion Bhaji Recipe (Better than Restaurant)

These Indian onion bhaji are delicious, easy to make and taste better than the restaurant version. Serve them with green chutney or any other spicy hot chutney.



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Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Servings: 3 Author: Swasthi

# Ingredients

- 200 grams (2 cups, 1 medium) onion sliced (yellow/brown or red, read notes)
- 1 green chili (fine chopped, optional, omit for low heat)
- 1 tablespoon ginger (minced/grated or use 1 tablespoon ginger garlic paste)
- 1 tablespoon garlic (minced/grated, omit if using gg paste)
- 1/4 cup coriander leaves (fine chopped)
- ¾ cup (85 grams) besan (gram flour)
- ½ cup (45 grams) rice flour (or use ½ cup corn starch)
- ½ to ¾ teaspoon sea salt (adjust to taste)
- 1/8 teaspoon baking soda (optional)
- ½ teaspoon red chili powder or flakes (use Kashmiri for low heat or high heat chili for high heat or double)
- 1 teaspoon coriander powder (or ½ tablespoon coarsely crushed seeds if you prefer)
- ½ teaspoon carom seeds / ajwain/ fennel seeds (lightly crushed coarsely or both, omit if you don't have)
- ¾ teaspoon garam masala (or substitute with cumin powder or chaat masala)
- 1 to 3 tablespoons water (use only as required)

 high smoke point oil to deep fry – about 1½ cups (I use steam refined coconut oil)

## Instructions

#### **Preparation**

- 1. Slice onions thin, of uniform thickness and add to a large mixing bowl. Add salt and mix well, squeezing gently to release the juices. Rest aside for a minimum of 15 to 20 mins, while you prepare the rest.
- 2. On a medium flame, heat oil in a deep pan for deep frying.
- 3. Meanwhile add all the ingredients except water and mix well with your hand for form a thick batter. If the batter is too dry and crumbly, sprinkle 1 tablespoon water and mix. (See images in the post for consistency)
- 4. I used 2 tablespoons in total. You may need more or less depending on the freshness or kind of onions.

### How to make Onion Bhaji

- 1. Test if the oil is hot drop a small portion of the batter to the hot oil. It should sizzle and rise to the surface without turning brown. If it sinks and not come up, it means the oil is not hot enough.
- 2. Take ¾ tablespoon portions of batter to your fingers and slide to the hot oil. Do not shape them. Alternately use a pair of spoons, one to pick up the batter and the other to help slide it down to the hot oil.
- 3. Avoid overcrowding. Do not touch them for 2 to 3 mins as they can disintegrate.
- 4. Fry them on a medium heat for 3 mins. Stir occasionally to fry until crisp and light golden. Remove to a cooling rack or a steel colander. Fry the rest of the batter in batches. I fried mine in 3 batches.
- 5. I like to refry mine for 1 to 2 mins for a extra crisp texture.
- 6. Onion bhajis are best served hot, immediately as they begin to lose their crispness when they sit.

# **Nutrition**

Calories: 328kcal | Carbohydrates: 38g | Protein: 8g | Fat: 16g | Saturated Fat: 2g | Polyunsaturated Fat: 9g | Monounsaturated Fat: 4g | Trans Fat:

0.1g | Sodium: 518mg | Potassium: 375mg | Fiber: 6g | Sugar: 7g | Vitamin

A: 207IU | Vitamin C: 8mg | Calcium: 38mg | Iron: 2mg

Onion Bhaji Recipe (Better than Restaurant) https://www.indianhealthyrecipes.com/onion-bhaji/

